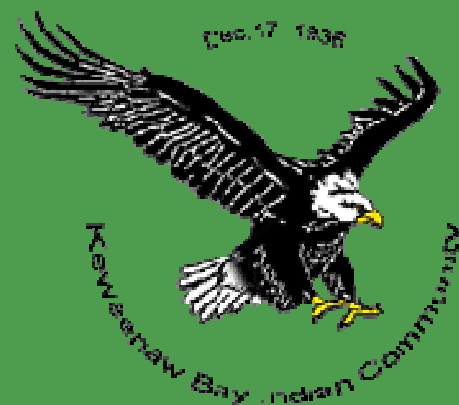




GIIKENDAAM CHIWIKWEGAMAG



All You Need To Know About The Keweenaw Bay Indian Community
Onaabani Giizis - Crusty Snow Moon - March 2009 **Issue 57**

TRAGEDY, TOO CLOSE TO HOME

On many occasions as we visited the Donald LaPointe Medical Facility, we were greeted by the cheerful face of Chelsey LaFerner. This young mother of two beautiful children certainly did nothing to deserve the terrifying life-ending event she endured within her home. Twenty-three-year old Chelsey LaFerner, a victim of domestic assault, died in those evening hours on Thursday, January 22, 2009, at the hands of her significant other.

Chelsey, who was raised in the Keweenaw Bay Indian Community, had the beginning of a promising career ahead of her. After working as a temporary clerk for the Community, shifts at the Pines Convenience Store, and fulfilling a six-month temporary hire at the Donald LaPointe Medical Facility, Chelsey had just been hired, the week prior to her death, to a full time position as the Public Health Nurse Secretary at the Medical Center. Her co-workers were happy to have her back on a regular basis. Chelsey was ecstatic to have been chosen in the permanent office position.

Chelsey had attended the Baraga Area Schools, graduating from the alternative high school. She worked at the Ojibwa Casino and attended Michigan Tech University for a period of time before moving downstate to Grand Rapids, where she was employed with AAA of Michigan. She had relocated back to the reservation just last year, and as she worked for the Community, she attended classes at Gogebic Community College working towards a better life for her and her children. These dreams came to a violent end, one that will be remembered for a long time by family, friends, and this community.

Words will never explain the pain her parents, Harry LaFerner and Roberta Sheldon feel, and continue to live with each and everyday. Her assailant, twenty-three-year-old Raymond Daniel Kejuan Silas, has left six-year-old Alexxus and three-year-old Davohn to endure a childhood without the mother who adored them.

On the evening hours of Thursday, January 22, 2009, Chelsey Lynn LaFerner was stabbed to death. Raymond Daniel Kejuan Silas was the suspect of the crime. Michigan State Police attempted to apprehend Silas shortly after the incident as the vehicle he was reportedly driving was spotted on US 41. According to press releases issued by the Michigan State Police, the State trooper had pursued the vehicle for a short distance when the vehicle intentionally became involved in a head-on traffic accident with another vehicle near the Baraga Plains Road, just south of L'Anse, Michigan, on US 41. The suspect refused numerous verbal commands made by the State Trooper Carter who attempted to arrest the suspect. The suspect, Raymond Daniel Kejuan Silas, lunged at State Trooper Carter who then fired on Silas. Silas was pronounced dead on arrival at Baraga County Memorial Hospital.

Keweenaw Bay Indian Community Tribal Police were assisted with the investigation by MSP Forensic Laboratory, MSP Calumet and Negaunee posts, Baraga and L'Anse Village Police Department, Baraga and Houghton County Sheriff's Department, and Bay Ambulance.



Chelsey LaFerner, died as a result of domestic assault. She was brutally killed by her boyfriend. She will be missed by family, friends, coworkers and the Community.

DOMESTIC VIOLENCE AWARENESS

The act of a family member, partner or ex-partner who physically or psychologically dominates another is known as **Domestic Violence (domestic abuse, spousal abuse, or intimate partner violence)**. Domestic violence is often referred to as the violence between spouses, but also includes cohabitants and non-married intimate partners. Domestic Violence occurs in all cultures. Perpetrators of Domestic Violence are people of all races, ethnicities, religions, sexes and classes. Domestic Violence is perpetrated by both men and women. There are many forms of domestic violence, including physical violence, sexual abuse, emotional abuse, intimidation, economic deprivation and threats of violence. Domestic Violence is a criminal matter which includes physical assault (hitting, pushing, shoving, etc.), sexual abuse, and stalking. Emotional, psychological and financial abuse is not criminal behavior; they are forms of abuse and many times leads to criminal violence.

Domestic Violence may begin with angry words, a shove or a slap. Few persons would stay in a relationship if the first time they were together included being beaten. Courtship is the time we are usually on our best behavior. We see the best in each other. We are taught to overlook many characteristics that later on we see as flags (i.e., jealousy, keeping tabs on each other, wanting to know where the other is at all times, very kind at one time and very cruel at another time). Domestic Violence can also include hair pulling, name-calling, killing of pets, threats, child abuse, rape, stalking, food thrown in the face... and it includes murder.

Many times domestic violence is kept behind closed doors. Victims want to believe that it will never happen again. Abusers want to believe they won't be violent again. Without intervention, the violence will continue and will get worse. Victims are unable to seek help, afraid to seek help, psychologically believe there is no problem, or it (the violence) will go away and everything will be alright. Victims believe, or hopefully think, things will get better, and sometimes they do for awhile. Sometimes they don't. Sometimes they end with a tremendously tragic ending. Domestic violence does not just stop.

Violence in families is often said to be inter-generational; meaning that it is passed down

Tribal Council Members:

Warren C. Swartz, Jr., President
Susan J. LaFerner, Vice-President
Toni Minton, Secretary
William E. Emery, Asst. Secretary
Jennifer Misegan, Treasurer
Elizabeth D. Mayo
Michael F. LaFerner, Sr.
Elizabeth (Chiz) Matthews
Jerry Lee Curtis
Frederick Dakota
Gary F. Loonsfoot, Sr.
Isabelle H. Welsh



SPECIAL POINTS OF INTEREST:

- **Tragedy Too Close To Home - Domestic Violence Awareness**
- **February 7, 2009, Tribal Council meeting**
- **Anishnaabek Healing Circle Opens—ATR Program**
- **Fifth Annual Mid-Winter Powwow**
- **Eat Right! In March: Ideas For Building New Food Habits**
- **Ojibwa Housing Authority News**
- **Drug Conviction Report**
- **Aabinoojiyees**
- **New Employees**
- **Ojibwemowin**
- **Deepest Sympathy**

The Tribal Council held their regularly scheduled Saturday Tribal Council meeting on February 7, 2009, at the Ojibwa Casino Resort Conference Room in Baraga, Michigan. Warren C. Swartz, Jr. presided over the meeting with Susan LaFerner, William E. Emery, Jennifer Misegan, Jerry Lee Curtis, Michael F. LaFerner, Sr., Gary F. Loonsfoot, Sr., Elizabeth "Chiz" Matthews, Elizabeth D. Mayo, and Isabelle Helene Welsh present. President Swartz shared numerous *Thank You* and *For Your Information* items addressed to Council.

Warren "Chris" Swartz, Jr. gave the President's report for January 2009. Swartz indicated he re-appointed Roger Duschene to the Farm Bureau Committee. The President's office was contacted by Stacey Tadjerson of the Dept. of Health and Human Services regarding an opportunity for the community to participate in a government to government consultation meeting regarding health issues. Ms. Tadjerson was advised to contact our Health Director, Carole LaPointe, to coordinate a meeting date.

Council met with OCC President, Debra Parrish, to work on a Memorandum of Agreement. At the end of January, the Memorandum of Agreement between the Keweenaw Bay Indian Community and the Ojibwa Community College was approved.

Council has received notice that the Tribal Court case titled Susan LaFerner, et. al vs. Debra Williamson has been dismissed. The Tribal Court issued an advisory opinion on Majority Vote.

Laura Rogers from the Department of Justice SMART Office has been advised that Chief of Police, Dale Dakota, will be attending training in Houston, Texas, regarding the Adam Walsh Act. This is an ongoing training being offered to tribes to help them comply with the requirements of the Adam Walsh Act. The President indicated he has advised the attorney to request an extension regarding the compliance time frame for the Adam Walsh Act.

CEO Larry Denomie, CEO Assistant Sarah Smith, and Tribal President Swartz attended an Ojibwa Senior Citizens' Council meeting during the month of January at the request of the OSC President, Sandra Pittsley, to help resolve some ongoing issues with use of the van and access to the building. These matters have procedures in place and appear to be working well.

At the request of William Carlson, Negaunee Township Supervisor, a meeting with the Council and Mr. Carlson has been scheduled for mid-February regarding the status of the Casino project at the former Marquette Airport, signage for the trail system at the Michigan Mining Industry Museum and replacement of boards around the hockey rink in the city of Negaunee.

Commercial fishermen requested assistance to attend a workshop held downstate which will help them market their catch, learn about current trends in the market, and alternative ways to store and package fish. Council approved their request.

Sarah Smith, Attorney John Baker and Tribal President Swartz, met with Baraga Village representatives, Pat Dompier, Paul Mayo, Roy Kemppainen and others on the upcoming waterline project planned for Old US 41 later this year. On 02/06/2009, Tribal Council approved the agreement with the deletion of the word "construction" in the agreement.

Sarah Smith and Tribal President Swartz met with Dave Osmak of the BIA, to formulate a yearly-plan for Council approval to spend ten-percent monies from timber sales. Mr. Osmak suggested we have a plan to spend out the account. Suggestions to the Council included: setting up scholarships in the forestry field, wildland firefighter training and equipment, and staff wages for miscellaneous tim-

ber sales.

Attorney John Baker, Chuck Brumleve and President Swartz attended a consultation meeting with USEPA region 5 personnel in Chicago, IL. Included in the discussions were Kennecott Eagle Minerals Company (KEMC), Eagle Mine Project Underground Injection Control Permit, and the implementation of requirements under the National Historic Preservation Act. The Community respectfully disagrees that EPA does not need to complete compliance with the NHPA's requirements until the time EPA finally determines that a UIC permit may be issued to KEMC. EPA has taken the position that NHPA consultation and compliance need not be complete at the time EPA issues a draft permit and notice of a public comment period. This is incorrect and contrary to the express requirements of EPA's rules governing the processing and issuance of UIC permits and applicable agency precedence. The meeting went well, and the Community had the opportunity to express its' concerns.

Susan LaFerner gave the Vice President's Report. We all need to commit to do our part to make a difference to protect our environment and change the world. Please keep learning on how to save and conserve energy to protect the Earth. Vice President LaFerner continues to emphasize that every month is "Energy Awareness Month," and our theme for the year will be a "Commit to Conserve" Campaign. There are everyday measures we can do to reduce air pollution, conserve water, reduce/reuse/recycle/re-buy materials, and prevent pollution in general. All of this information is available on the EPA.gov and energy.gov websites, and our Natural Resource Department has given great tips in the newsletter.

Vice President LaFerner attended the Ingham County Circuit Court appeal hearing in Lansing, MI, on whether the Michigan Department of Natural Resources made an error in granting a land use permit to the Kennecott Eagle Minerals Company for its proposed nickel and copper mine on the Yellow Dog Plains. They plan to construct surface facilities for the underground mine on 120 acres of State land and they will have exclusive use of the land for decades. Last February, the National Wildlife Federation, the Huron Mountain Club, KBIC, and the Yellow Dog Watershed Preserve filed suit in opposition to this permit. Judge Manderfield stated she would be issuing a written ruling at the conclusion of the two-hour hearing. She did not give a timetable for her decision.

We have not yet been informed of the decision made by the administrative hearing officer in our contested case hearing regarding the mining permits for the Yellow Dog Plains. The second reading of the Mineral Exploration and Mining Regulatory Ordinance was held. The purpose of the ordinance (78 pages in length) is to regulate exploration and mining activities within the territorial jurisdiction of the KBIC. Revisions will be made prior to the final third reading.

The DEQ has scheduled a Public Hearing on the Humboldt Mill Permit Application for public comments and for a question/answer discussion on Wednesday, February 18, 2009, at the Humboldt Township Hall in Champion, Michigan. Kennecott submitted plans for the proposed Mill permit application to the DEQ back on December 26, 2008. They are proposing to reuse the existing facilities to process ore from the proposed mine to concentrate and then ship the concentrate to Canada and other places. The DEQ will accept written comments on the application from interested persons until March 18, 2009.

Vice President LaFerner asks all to remember to continue to pray for, and honor our veterans and service men and women and their families, for those who are ill, have lost

loved ones and for our economy struggles. Susan LaFerner ended with a statement on behalf of the Chelsey Lynn LaFerner family. "There are not enough words to explain the great passion and love we have felt from all of you everywhere during the recent tragedy and loss of Chelsey. I know that many, many times we all have needed each other and would not have been able to go on without our friends and family. Thank you for your prayers, support, calls, hugs, food, flowers, and the list goes on and on. We will never forget all of your acts of kindness and help. We have a great Community and let us always continue to love and care for others. Thank you."

Larry Denomie gave the CEO report for January. The coming year will be one of the most difficult and trying years most of us will ever have to endure. It will require many disciplines, hard work, team approaches to problem solving as well as every staff member's involvement in overcoming the difficult times we will face. The CEO's office is committed to achieving the goals and objectives set forth by the Council. We will be working closer than ever with every department to ensure that we are doing everything conceivably possible to not only survive the difficult times we face but to become a stronger organization capable and able to meet the demands of the world we live in so that the Keweenaw Bay Indian Community continues to be a prominent figure in Indian Country.

During the New Years Day Bingo session there was some confusion and miscommunication in relation to the amount of the Bonanza prize. Players were initially told that the amount of the prize for that game was \$1000. After the game was played and a patron won, only \$100 was awarded. In a review of the situation by enterprise management, it was determined an error had occurred and the winning patron was paid the full \$1000. Reasons leading up to this mistake have been remedied, and it will not happen in the future.

As reported last month, Council accepted the ICDBG Grant in the amount of \$600,000 for the expansion of the Community Center Project for the Early Childhood Education Facility. We have submitted this \$3.8 million project for consideration of the plan to Obama's stimulus package as shovel ready. Other projects have been submitted under the stimulus plan and for FY'2010 appropriations requests from Congressman Stupak's office and Senator's Levin and Stabenow's offices. These projects include four from the Economic office for Renewable and Alternative Energy Projects and Business Opportunities, four through the Natural Resources Department for Hatchery Upgrades, Silver River Baseline Data Collection, Sand Point Stamp Sand Cover and related work and Construction of a Waste Transfer Station. Two additional projects are being submitted from the CEO's office which includes upgrading the Village of Baraga Water Intake System Infrastructure and Sand Point Lighthouse Restoration.

Ojibwa Housing Authority has geared up for additional funding through the stimulus and appropriations plans and has posted 20 new jobs. As of yesterday (02/16/2009) the stimulus package had passed the House and is expected to be voted on by the Senate in the next few days.

A plan is being developed through the Natural Resources Department in partnership with the Superior Watershed to create a summer youth crew. The Superior Watershed would employ a crew leader who will work with a group from our summer youth workers to educate them in the area of natural resources. There will be classroom type work along with hands on field training.

A more suitable environment for the toddlers served by our Pre-Primary Program will

Anishnaabek Healing Circle Opens Confidential, Toll-Free Call In Access Center

There is a new program to increase your chances for success in recovering from substance abuse and other addictions. Even if you have struggled for years, there is new hope for recovery with the Anishnaabek Healing Circle “Access to Recovery” (ATR) program and its new, confidential toll-free Call In Access Center, which you can reach at **1-866-945-7332**.

The Anishnaabek Healing Circle is a healing circle of friends, community members and substance abuse professionals who will walk with you on a journey to wellness. If you or a loved one in your family is struggling with drugs or alcohol, then you can get the help you need to break the cycle of addiction.

With the Anishnaabek Healing Circle, you have more choices than ever before to design a recovery program that is just right for YOU. You receive personalized vouchers for the clinical treatment and recovery support services you want. The program is confidential, and it's free.

Recovery can include mental, physical, emotional, and spiritual support based on your individual needs. Maybe you think counseling will help you. Perhaps working with a traditional healer would be most helpful. All these choices and many more, are now yours to make. You decide on the services you want. You choose the providers you want. You decide what is best for you. And you can walk the journey to wellness confidentially.

The Anishnaabek Healing Circle is a gift from the Creator to the Three Fires People. The gift is now. With help from a federal Access to Recovery grant, for which the Inter-Tribal Council of Michigan successfully competed with twelve federally recognized tribes, we have a three-year period of time to do something about the disease of addiction, one person at a time.

We have extra financial and human resources available through this grant to make a difference, starting with YOU. Maybe now is your time to move on to a happier life. You can do it!

Who is eligible?

All the enrolled members of the twelve collaborating tribes in Michigan (including ours) and other Native Americans residing in the tribes' service areas are eligible for the Anishnaabek Healing Circle. Non-native family members are also eligible. There is no charge to eligible clients.

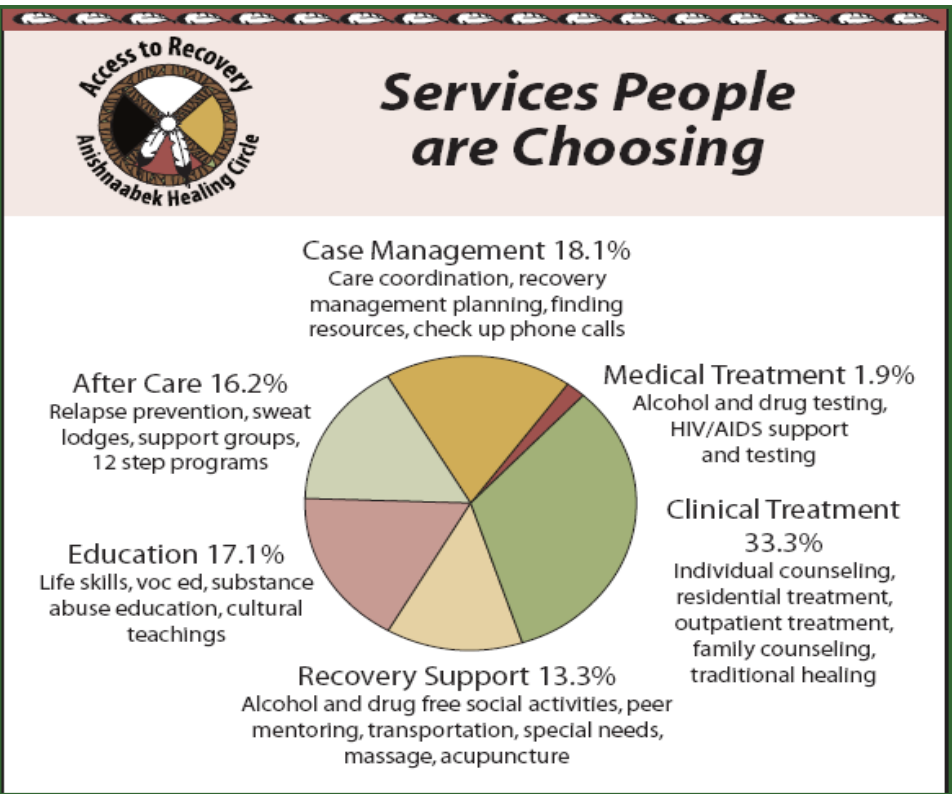
How do I get started on the healing path?

There is no “wrong door” for entry into the Anishnaabek Healing Circle. You may refer yourself or be referred through a tribal program, other network providers and other sources. The easiest way to get started is to just pick up the phone and call the new, confidential toll-free Call In Access Center at **1-866-945-7332**. You may also contact your local tribal substance abuse program directly. All Michigan tribal substance abuse programs are ATR Access and Care Coordination Centers. Regardless of how you enter the program, you are not expected to enter the Anishnaabek Healing Circle alone. You will be assigned a Care Coordinator who will stay with you throughout your journey.

The Details

First, the Call In Center or your local Access and Care Coordination Center will determine your eligibility by performing a brief screening. If the screening shows a need for clinical treatment and/or recovery support services, you will be registered for the program and referred to a certified addictions counselor to receive a full clinical assessment. If you are only seeking recovery support services, you will also receive a brief screening and be referred to an ATR authorized recovery support provider. Based on the level of care you need, you will receive a service voucher and a list of service providers from which to choose. You will also be assigned a Care Coordinator who advocates for you and helps you navigate the system.

You select and make an appointment with the provider(s) of your choice. You may work with several different providers during your time in the program, depending on circumstances and as your needs



change. You make an appointment with the provider and receive services.

It's as simple as that. You choose the services you think will be most helpful in your recovery, and you choose the providers you want.

Some Interesting Facts

The ATR grant is for a little over \$11.5 million over three years. The 12 tribes committed to this project include more than 55,000 enrolled members living on or near reservations in 51 of Michigan's 83 counties. The target is to help 5221 people during the three-year period. So far, over 1000 people have joined the Anishnaabek Healing Circle and more are choosing to seek a happier life everyday. We have providers in the system who are specifically trained to help people with methamphetamine, so if methamphetamine is affecting you or a loved one, please don't hesitate to join the Anishnaabek Healing Circle. Call the new, confidential toll-free Call In Access Center, at **1-866-945-7332**.



Has Methamphetamine use affected you or a loved one?

Choose Recovery

JOIN OUR HEALING CIRCLE!

Confidential Treatment & Support Services that are right for YOU

An initiative of the Inter-Tribal Council of Michigan
to expand access to substance abuse treatment & recovery support services

1-866-945-7332

Statewide toll-free, Call In Access Center
www.atrhealingcircle.com



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Reduced rate considerations for those needing routine rides to class or work. Call for details.

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1ST STEP COUNSELING SERVICE

If you are interested in starting or buying a business and don't know what to do next...

**Call Tina Durant @
(906) 353-2626 at
the Anishnaabe Anokii
Center.**

She will set you up with an appointment with a certified business counselor in the Baraga County area. Sessions are free and confidential.



To place an ad, submit an article, or relate information or ideas on possible articles contact: Lauri Denomie at [newsletter @ kbic-nsn.gov](mailto:newsletter@kbic-nsn.gov) or call 906-201-0263.

To be added to the mailing list or to correct your mailing address, contact the enrollment office at (906) 353-6623 ext. 4113.



Our Deepest Sympathy

Chelsey Lynn LaFerner

June 26, 1985— January 22, 2009

Chelsey Lynn LaFerner, age 23, of Baraga was suddenly called to Heaven on Thursday, January 22, 2009. She was born in L'Anse on June 26, 1985, the daughter of Harry LaFerner and Roberta "Birdie" Sheldon. Chelsey attended Baraga area schools and graduated from L'Anse Alternative School. She worked at the Ojibwa Casino and attended Michigan Tech. Chelsey then moved to Grand Rapids for a short time and worked for AAA of Michigan and attended college. She moved back to Baraga to be near her family and to further her education. Chelsey had worked at the Pines Gas Station and was currently employed as a secretary/receptionist at the Tribal Medical Center. She was taking classes through Gogebic College. She was a member of Keeweenaw Bay Indian Community. Chelsey dearly loved her children, and they were always her #1 priority. She loved being with them and doing things with them. Chelsey enjoyed shopping, going to garage sales, camping and being with her family.

Chelsey is survived by her loving family; children, Davohn A. LaFerner and Alexxus T. DeCota, mother, Roberta "Birdie" (Jim) Sheldon of Baraga, father, Harry LaFerner of Baraga, sisters, Lily Leinonen of Houghton, and Amber (Chris) Weigel of Spring Lake, NC, step brother, Jay Sheldon of Green Bay, WI., step-sister, Sara J. Sheldon of Green Bay, and step-grandparents, William and Barbara Sheldon of Ishpeming. Numerous aunts, uncles, nieces, nephews and cousins also survive. She was preceded in death by her grandparents.

Funeral services for Chelsey were held on Thursday, January 29, 2009, at the Reid Funeral Service and Chapel in L'Anse with Father George Maki officiating.



DRUG CONVICTION REPORT

In a continuous effort to reduce the illegal use of controlled substances in our community, the Drug Task Force has requested the publication of pertinent information regarding any convictions of the Controlled Substances section of the KBIC Tribal Code §3.1706. The Tribal Court has agreed to comply with the Drug Task Force's request and will publish a Drug Conviction Report on a routine basis.

Amber Soli, case # 08-385, Controlled Substance (use) – 1st offense

Factual Basis: Defendant tested positive for Hydrocodone with no prescription while on drug restricted probation.

Sentenced on 01/09/2009 to:

1. \$200 fine, of which \$50 will be suspended pending successful completion of probation.
2. 90 days jail, 70 days suspended and credit for time 20 days served.
3. 12 to 24 months standard drug and alcohol restricted probation with the \$10 monthly fee to run concurrent with case #'s 08-363, 08-376, 08-377 and 08-384.

4. Defendant is responsible for any lodging, drug testing, tether or PBT costs.

Robert Ekdahl, case # 08-289, Controlled Substance (possession) – 1st offense

Factual Basis: Defendant did have in his possession the controlled substance marijuana when an arrest was made.

Sentenced on 01/30/2009 to:

1. \$500 fine.
2. 12-24 months standard drug and alcohol restricted probation with a \$10 monthly fee.
3. The Defendant is subject to random PBT's and drug testing and will be responsible for the cost of those tests and any lodging fees.
4. 90 days jail, 80 days suspended pending successful completion of probation, and the Defendant shall serve 10 days jail.
5. The Defendant shall complete 10 hours of community service.
6. A Conservator will be appointed and will be responsible for the management of the Defendant's finances for the duration of probation.
7. Probation for all cases (08-289, 08-324, 08-325 and 08-381) is to run concurrently.

Robert Ekdahl, case # 08-381, Controlled Substance (use) – 2nd offense

Factual Basis: Defendant failed a drug test and admitted to using the controlled substances marijuana and cocaine.

Sentenced on 01/30/2009 to:

1. \$750 fine.
2. 12-24 months standard drug and alcohol restricted probation with a \$10 monthly fee.
3. The Defendant is subject to random PBT's and drug testing and will be responsible for the cost of those tests and any lodging fees.
4. 180 days jail, 150 days suspended pending successful completion of probation, and the Defendant shall serve 30 days jail.
5. The Defendant shall complete 10 hours of community service.
6. A Conservator will be appointed and will be responsible for the management of the Defendant's finances for the duration of probation.
7. Probation for all cases (08-289, 08-324, 08-325 and 08-381) is to run concurrently.

Travis Rajacic, case # 08-023, Controlled Substance (possession) – 1st offense

Factual Basis: Defendant did have in his possession the controlled substance Hydrocodone.

Sentenced on 02/09/2009 to:

1. \$500 fine.
2. 180 days jail, 90 days credit for time previously served, 90 days suspended. Defendant is financially responsible for lodging costs and any fees associated while lodged, if any.
3. 6-12 months alcohol and drug restricted probation with the \$10 monthly probation fee. Defendant is financially responsible for drug testing and PBT's, if any.
4. The Defendant is to attain a substance abuse screening and is to follow through with the recommendation of that screening until successfully discharged.

Remembrance

Vanessa (Nessa) Joan Gauthier
2/13/08 – 3/8/08

If Tears Could Build A Stairway

*If tears could build a stairway
and memories were a lane
We would walk right up to heaven
and bring you back again.
No farewell words were spoken
No time to say goodbye
You were gone before we knew it
and only God knows why
Our hearts still ache in sadness
and secret tears still flow
What it meant to lose you
No one will ever know
But now we know you want us
To mourn for you no more
To remember all the happy times
Life still has much in store
Since you'll never be forgotten
We pledge to you today
A cherished place within our heart
Is where you'll always stay*

Author Unknown



Sadly missed by Mommy, Grandma & Grandpa DeRoche, Uncles-Josh, Tom, Dustin; Aunties-Carmen, Nellie, Tricia, Sandy, and Special Friend Rusty



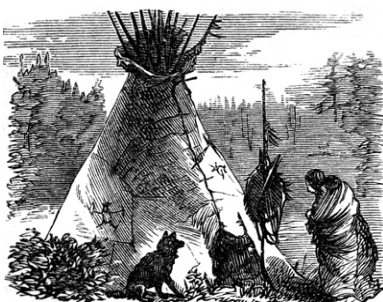
KBIC Health Department Patients:

Contract Health Service funds through Indian Health Services have been depleted for: **Hospital Fees, Physician Fees, Emergency Room Fees, Ambulance Fees, Optical Fees, and Diagnostic Testing.**

The KBIC Tribal Council has allocated funds (The Tribal Health Fund) to cover the above services for **KBIC enrolled members ONLY** during this shortage.

*To be eligible for Tribal Health Fund you must be a KBIC member and reside within the Contract Health Services delivery area (CHSDA) which is on or near reservation land located within Baraga, Houghton, or Ontonagon counties.

Questions or concerns can be directed to Becky Tussing, RN, Associate Director, at 353-4521. Thank You.





Spring Ahead!

Daydreaming about the warm rays of the sun? What better way to beat the winter blues than by preparing for the upcoming planting season. Whether you plan to grow a garden or just like to care for your lawn, there are many ways to make this spring your greenest ever.

Growing food crops, herbs and flowers from seed can be a rewarding experience, renewing our connection to the earth. To get started, choose organic seeds and plants whenever possible. Why? Conventionally grown seeds are treated with heavier applications of synthetic fertilizer, insecticide and fungicide than even conventionally grown vegetables. Organic seeds are produced on farms that do not use synthetic fertilizers and pesticides. Seeds are grown under the strict guidelines for organic farming. Buying organic seeds sup-

ports this farming practice, the seed growers, and an overall healthier environment. Can't find organic seeds at the local garden supply store? Local food co-ops often have organic seeds. Organic seed companies are also readily available on the internet.

When landscaping, purchase native plants instead of exotic ornamentals. Native plants have adapted to their specific region over a long period of time; because of this, native plants have many benefits.

Native plants:

- Have low maintenance and upkeep.
- Do not need frequent watering or fertilizer applications.
- Are resistant to local pests and diseases.
- Provide habitat to wildlife.
- Are a link to the regions history and culture.

Look for native plants at local plant nurseries and at annual conservation district tree, shrub and plant sales.

If fertilizing is necessary, try using organic fertilizers on your garden or lawn as opposed to chemical containing varieties. Chemical fertilizers tend to spur fast plant growth leaving them more susceptible to pests and disease. Chemical fertilizers have added salt which kills beneficial microorganisms in the soil, and they are more easily mixed with water which leads to fertilizer nutrients washing away before reaching plant roots. Organic fertilizers, on the other hand, encourage soil microbes, release nutrients more slowly for steady growth, and bind to the soil to reduce nutrient runoff. Some types of organic fertilizers are: compost, worm castings, manure and fish meal. If starting a compost or worm bin is not an option, many types of organic fertilizer are conveniently available to purchase.

Attention Baraga County Veterans:

There is emergency funding available for Baraga County Veterans. For more information contact Commander Richard Geroux at the American Legion Post 444 in Baraga (353-6235) Or Charlie Sliger at the L'Anse VA Office (524-5454).

KBIC HEAD START ENROLLMENT

The KBIC Head Start and Early Head Start will begin accepting applications for the 2009-2010 school year beginning March 1, 2009, thru June 15, 2009. Applications will be available at the KBIC Tribal Center, KBIC Health Clinic, and KBIC Head Start and & Early Head Start Center.

Continued from page one—Domestic Violence

from one generation to the next, and that violence is learned in the home. While people learn from experience, we can also use our free-will and choose to be non-violent. Growing up in a home with violence may make violence more acceptable to some, but others learn from being so close to abuse they commit themselves to a peaceful life. People can choose!

The factors that push a person to be violent have a lot to do with what happens outside the home. This includes movies, the educational and political systems, religious beliefs, music and how people react when someone is violent. Do they laugh, find excuses, or applaud? Or do they intervene, stop the abuser, and support the victim?

Domestic violence also affects our children. They watch, listen and often experience that physical violence themselves. They learn that verbal, physical and emotional violence are ugly, but acceptable in family relationships. Children are victims of domestic violence just by being forced to live with it.

Wanda Seppanen is the Victims of Crime Advocate (VOCA Worker) on the Keweenaw Bay Indian Reservation. Wanda indicates that

Continued next column.

within the last decade (ten years) she has assisted/interacted with 2856 victims, many of whom she has assisted on numerous occasions. The statistics for this decade of victims include 120 survivors of child physical abuse; 326 survivors of child sexual abuse; three survivors of DUI/DWI; 1451 survivors of domestic violence; 136 survivors of adult sexual assault; 60 survivors of elder abuse; 28 survivors of adults who were molested as a child; one survivor of homicide; 32 survivors of robbery; 518 survivors of assault; 20 survivors of a violent crime; 18 survivors of economic exploitation and fraud; 41 survivors of harassment; seven survivors of aggravated assault; and 45 survivors of malicious destruction of property.

As the VOCA (Victim's of Crime Advocate) Worker, the typical domestic violence case for Wanda to respond to begins with a phone call from a local police unit. But many of times, she receives a telephone call from a victim who just needs someone to talk with. Wanda responds to assist women and men whom are of many races and are Keweenaw Bay Indian Community victims of crimes (589 white/Caucasian survivors; eight Black survivors; 27 Hispanic survivors; one Asian survivor; and 2231 Native American survivors).

One such survivor, who wishes to remain anonymous, stated in a recent interview, "In light of what has happened this past month in our Community and as a person who has personally been through and still to this day deals with the effects of domestic violence, I see that there is a need for us to become more active with this crime as a Community to strengthen the families who suffer from domestic violence and for people who know someone who is being abused to learn what steps to take to get them help.

What happened to Chelsey makes me realize how lucky I am to be alive. A little over a year ago, I was a victim of domestic violence. It was not my first time as a victim of domestic violence but hopefully my last. Every now and then I think and recall the moments of asking God to get me home to my kids this one last time, and I would never ask again.

Our community does not realize the statistics on domestic violence, but it is never too late for us to develop the services needed to help families like my own in order to stop the cycle of domestic violence."

There is help available to make you safe and to help you get out of the abusive situation you may find yourself in. Contact your local shelter home. Baraga County's Shelter Home can assist you by calling the crisis line at 524-7078. Wanda Seppanen can be reached by calling her office at 353-4533 or cell 201-0200.

NOTICE

Please contact Debra L. Picciano at the Community Assistance Programs Office – at [906] 353-8137 – if:



You need assistance with your heating or energy bill, or weatherization - are a member of a Federally

Recognized Indian Tribe and you live in the counties of Baraga, Houghton, Keweenaw, Ontonagon, Dickinson, Iron, Gogebic or Marquette – you may be eligible for assistance through the income based KBIC-LIHEAP Program; Or



You need Priority I - Emergency Assistance with energy, housing, food, prescription, transportation - or Priority II – GED Testing, or limited job retention services - and are a member of a Federally Recognized Indian

Tribe and you live in the counties of Baraga, Houghton, Keweenaw, Ontonagon, Dickinson, Iron, Gogebic or Marquette – you may be eligible for assistance through the low-income based KBIC-CSBG Program; Or



You need Emergency Assistance - are a KBIC Tribal member and you live in the counties of Baraga, Houghton, Keweenaw, Ontonagon, or Marquette – you may be eligible for assistance with

– tires, auto repair, medical travel, dental/braces, or other emergency through the non-income based KBIC-Tribal Emergency Assistance Program.

Other services provided – BIA General Assistance Program; Senior/Disabled Heating Assistance; Senior/Disabled Assistance Program - Call if you 353-8137 if you have any questions, need to request an application or just want to talk.



Fifth Annual Mid-Winter Powwow

The Keweenaw Bay Indian Community's Cultural Committee organized their Fifth Annual Mid-Winter Powwow held on January 24, 2009, at the Niiwin Akeaa Center. The day began with breakfast with the Council at 10 a.m., followed by a "Honoring Our Tribal Council" presentation at 11 a.m., where current residing council members were honored and presented with a gift of appreciation. A poem written by the late Adam Leon Lussier was cited.

*We need to create
a world where
people can peacefully live
and peacefully choose
like a world wide
Indian Reservation
that peacefully awaits.*

The Keweenaw Bay Indian Community's Cultural Committee recognized and honored Miss Keweenaw Bay, Tashina Emery Kauppila, and two Keweenaw Bay Tribal elders — Matt Whetung and Barbara Mantila within the scheduled events.

Grand entries occurred at 1 p.m. and 6 p.m. Afternoon attendees enjoyed a hoop dancer (Megan Tucker), a Pink Shawl Honor Dance and a Potluck Feast. Songs were provided by Woodland Singers (host drum) and invited drums, Four Thunders, Summercloud, Bahweting Singers, and Loon Travelers. Ted Holappa served as Master of Ceremonies, George Gauthier as Arena Director with Joe Jacker as Assistant Arena Director.



Tribal Council members left to right as they were presented with a gift of recognition—President Warren "Chris" Swartz, Jr., Secretary Toni Minton, Treasurer Jennifer Misegan, Asst. Secretary William "Gene" Emery, Jerry Lee Curtis, Elizabeth "Chiz" Matthews, and Isabelle H. Welsh. Missing from photo: Vice President Susan J. LaFernier, Elizabeth D. Mayo, Michael F. LaFernier, Sr., Frederick Dakota, and Gary F. Loonsfoot, Sr.



Honored Elder, Barbara Mantila



Family of Barbara Mantila as she was honored as a Keweenaw Bay Indian Community Elder.

Barbara Mantila was born on March 31, 1928, in Zeba, Michigan, and was raised on the Keweenaw Bay Indian Reservation. Barb married Ed Mantila in 1944, and together they raised six children. Due to medical conditions, Barb recently has been residing in Minneapolis, Minnesota, with her daughter Mavis. Barb was unable to travel today to receive her recognition due to medical treatments. Barb's family accepted honorarium gifts on her behalf. Barbara's son, John Mantila, presented the Community with a message written by Barbara.

"I want to thank you from the bottom of my old heart for the honor you have bestowed on me today. I would have loved to be there but the chemo treatment I had on Friday has left me too tired. I want to tell you that I have lost my hair! What a sight! Now besides false teeth, hearing aids, walkers and eyeglasses, I have added a wig to all of this. And they call this the golden years! Don't believe it! It is really the "aids" years—with all of the aids you need to get along.

One thing I'd like to mention, and I really want to emphasize to the women here today, listen to your body. Ovarian cancer is often diagnosed too late. The major symptoms are bloating, feeling full quickly, abdominal pain and other gastrointestinal problems. Don't hesitate to question or even change doctors. If you can't push for yourself (being assertive and demanding) think of your daughters and granddaughters and do it for them! Be your own advocate! Let no one dismiss your concerns. Be tenacious in being heard and getting help. If you think something is wrong and don't get the answer that seems right, try another doctor and another doctor. Us Indian women must be more demanding with our health care providers. I will be seeing you all soon and thank you again. I love all of you."

~ Barbara Spruce Mantila

Honored Elder, Matt Whetung

Matthew Hail Whetung was born on July 5, 1923, to Joseph and Charlotte (Blaker) Whetung in Curve Lake, Ontario, Canada. Matt never married, however he had loads of nephews, nieces, and lots of cousins. Matt worked for 50 years in logging camps as far back as crosscutting was used. Matt is an avid Detroit Lions, Red Wings and Detroit Tigers fan. His motto is "You support the teams from the state you live in." Matt is a member of the Keweenaw Bay Indian Community and the Ojibwa Senior Citizens. Matt is a great hunter and fisherman. He had the eye of an eagle and taught his relatives how to hunt, except for Myrtle who could not see or hear. There were nine siblings in the family (five from the first family and four from the second family). "We could go on and on about our brother Matt as he is a joy to all of us. If there are relatives or friends who would like to speak with Matt, drop in anytime and visit him at BaySide Village in L'Anse."



**KEWEENAW BAY INDIAN COMMUNITY
OFFICE OF CHILD SUPPORT
SERVICES**

427 N. Superior Ave. • Baraga, MI 49908
In Tribal Court Building

Phone: 906-353-4566 • Fax: 906-353-8132
• Email: ocss@kbic-nsn.gov

"Your Children...Our Priority"

We provide the following services:

- Establishment, Enforcement and Modification of Child Support Orders
- Location of Custodial and Non-Custodial Parents
- Paternity Establishment
- Community Education

[tp://www.kbic-nsn.gov/html/ocss.htm](http://www.kbic-nsn.gov/html/ocss.htm)

AABINOOJIIYENS



Meet Jadyn Chaudier, born 12/08/08, to Diana and Jason Chaudier. Jadyn weighed 8 lbs. and was 20 ½ inches long at birth.



Meet Willow Anne Rexford, born 01/15/09, to Betsy and Chris Rexford. Willow weighed 8 lbs. 7 oz. and was 20 ½ inches long at birth.



Meet Joshua Stump, born 11/01/08, to Alicia Jacker and Steven Stump, of Baraga, MI. Joshua weighed 8 lbs. 5 oz. and was 21 ½ inches long at birth. He is now four months old and his Indian Name is Eya-bay (Head Male).



Meet Robert Elijah Joseph Mongozid, born 01/16/09, to Charlotte Loonsfoot and Ron DeCota. Robert weighed 8 lbs. 12 oz. and was 19 inches long at birth.



(left to right) - Junior Head Female Dancer, Jade Chaudier; Head Female Dancer, Summer Cohen; Head Male Dancer Donald Shalifoe Sr.; and Junior Head Male Dancer, Robert Voakes Jr.



Pictured above is Miss Keweenaw Bay, Tashina Emery Kauppila (left), as she acknowledges the Eagle Staff carried by Head Veteran, Stanley Spruce (center). Spruce (also pictured below) led the KBIC Color Guard in Grand Entry.



Men's Traditional Dancer



Fancy Shawl Dancers



Grass Dancers



Women's Traditional

The University of Michigan Medical School Summer Science Academy

June 14-27, 2009

Summer Science Academy (SSA) is a two-week residential summer enrichment program sponsored by the University of Michigan Medical School (UMMS) **Diversity and Career Development Office (DCDO)**. SSA brings together highly motivated current 10th and 11th grade high school students throughout Michigan to experience campus and medical school life. Current medical students and SSA program alumni serve as student leaders and mentors. During the two-week session, the student leaders stay in the dorm with participants and provide classroom tutoring, intellectual and social stimulation, one-on-one and small group mentoring, and insight into college and medical school life. During the day, SSA participants attend classes taught by experts in the field and participate in fun-filled evening events highlighting cultural diversity, self-development, and the arts.

The Diversity and Career Development Office is committed to increasing the diversity – in the widest and most inclusive sense – of medical school enrollments and thereby helping to create a well-trained, diverse physician workforce committed to working with underserved and disadvantaged populations to reduce health disparities. **All** students with an interest in medicine and health disparities are encouraged to apply. In keeping with its goal of increasing the diversity (broadly defined) of medical school enrollments, DCDO particularly encourages applications from students who come from groups that are underrepresented in medicine. For instance, some applicants may come from economically disadvantaged backgrounds or from racial and ethnic groups that historically have been underrepresented in medicine, or may attend schools with largely socio-economically disadvantaged or underrepresented student bodies. Other applicants may come from parts of Michigan (such as rural areas) whose residents historically have been underrepresented in medicine or lacked access to medical services.

The University of Michigan Medical School takes great pride in SSA and in the program's ability to increase the opportunities for high school students to gain valuable exposure to the world of medicine.

For more information contact:

Yolanda Campbell, Health Career Programs Manager

Telephone: (734) 764-8185

Fax: (734) 615-4828

Email: umms.ssa@umich.edu

Application deadline is March 13, 2009.

For application,

see website: <http://www.med.umich.edu/medschool/ssa/>

soon exist. Lisa Denomie, Director of Pre-Primary, and Tyler Larson, Youth Coordinator, have developed a plan to move the Pre-Primary Program into the Community Center next week. This move will put the young children and dedicated staff into an environment more suitable to meet the goals of the program.

The renovation of the hallway between the entrance to the President's office and the Legal office has been completed for the new Tribal Council Records Room. Plans are underway to relocate the Police and Conservation Departments to the former KBIC Tire Shop. Plans on how to use their current space are under consideration at this time.

Amy St. Arnold, Education Director, has been on medical leave for a period of time. She is expected to return on February 16, 2009. The CEO's office has been handling her duties. CEO Larry Denomie thanks Sarah Smith, Executive Assistant, for her hard work and dedication during this time. Ms. Smith did indicate that Amy's organization within the department made the task much easier, and she is to be commended for this factor.

Council has passed a motion to move forward with the renovation project of the Donald A. LaPointe Health Center. This renovation will expand the facility and services by including additional office space, patient care and a pharmacy. The approximately \$850,000 project is funded in large part by an ICDBG Grant in the amount of \$600,000 with the rest coming from Maintenance and Improvement funds through the Indian Health Service. The project is also being submitted for consideration under the Obama Stimulus plan.

Misuse and abuse of the internet has been a growing and concerning problem within the organization. Several departments have had to deal with the issue and have reported how time consuming it is. The Tribe does have a policy regarding internet use but since dealing with the issue with these departments, CEO Larry Denomie stated it is necessary to take a proactive measure. The CEO's office will be holding a department head meeting and will provide some training to help them understand how counter-productive the activity is and how to deal with it.

CEO Larry Denomie, Sarah Smith and President Swartz attended a Ojibwa Senior Citizens' meeting to assist in a conflict between the Director and the Seniors' group relating to access to the building and van use. The problems were resolved by passing along the Tribe's Vehicle Use Policy and creating a manner for individuals who needed access to the building the ability to gain access while still maintaining security.

Plans are being made to bring forward a proposal regarding life insurance coverage which has the potential of covering every Tribal member regardless of where they live. The policy would, after analyzing current costs will support it, replace the Burial Expense and

Grave Marker funds. A similar one was brought forward last year to consider, however, this one has fewer conditions and is less expensive.

The Memorandum of Agreement between the Keweenaw Bay Indian Community and the Ojibwa Community College has been approved. This agreement allocates nearly \$600,000 to the College in moving forward with their plans to gain Candidacy Status and Accreditation. The College did request \$120,000 more but due to financial obligations throughout the Tribe, they received the same amount that was allocated last year.

The Tribe's Language Program recently experienced a change but is moving forward as planned. Gary Loonsfoot, Jr., has been appointed Interim Language Coordinator. Earl Otchingwanigan has made final selections for the apprentices and the mentors. The six apprentices are: Joanne Racette, Lisa Denomie, Joe Dowd, Liz Julio, Terri Denomie and Dale Shalifoe. The six elder mentors are: Beverly Lussier, Loretta Hugo, Shirley McKasey, Janice Shalifoe, John Jacker and Peggy Dunn. Two classes under the direction of Earl have occurred after some adjustments to the program were made to come in line with the written and approved goals and objectives of the program. Interim Director Gary Loonsfoot, Jr. and CEO Larry Denomie met with Earl and are very encouraged and honored with Earl's commitment and gift of the program to the Community.

On February 3, 2009, Vice President LaFerner, Becky Tussing, Assistant Health Director, and CEO Larry Denomie met with a group from our current property and liability insurance company in an attempt to gain a better understanding of the nuts and bolts of Wellness Programming. A Wellness Program is much more than they initially thought it would be. One of the first steps will be to form a team or committee to work on getting the program organized.

CEO Larry Denomie traveled with Vice President LaFerner, Treasurer Misegan, and Council members Chiz Matthews and Jerry Lee Curtis to a conference facilitated by the Michigan State University Extension titled *Tribal Governance* which was held at the Turtle Creek Casino and Hotel in Williamsburg, Michigan. Nearly all Michigan Tribes attended and were provided with the opportunity to learn and network with others. Some of these skills will be shared with the department heads.

President Swartz read the Secretary's Report on behalf of Toni Minton. During the month of January 2009, the Tribal Council had one regular meeting and three special meetings. The regular Tribal Council meeting was held on January 10, 2009, and is reported in the February 2009 Tribal Newsletter. The following actions occurred during the special meeting held on January 8, 2009: approved minutes of February 24, 2006, October 9,

2008, and October 29, 2008; appointed Roger Duschene to the Farm Service Agency Committee: agreed to accept the \$600,000 ICDBG Grant for an Early Childhood Education Expansion Project and to seek other funding to cover the \$3.8 million in additional costs; approved the Women's Retreat Contract with Michigan Tech; denied Tribal member request KB01-09; amended the Emergency Funding Policy to include moving expenses for Tribal members not currently in our service area who are moving back to the reservation; approved the Independent Contractor Agreement with Chuck Brumleve; approved Tribal member request KB02-09 for \$531.07; approved an extension of the agreement with Richard Tuisku better known as "Dick Storm"; and agreed not to review request KB03-09 as it was already reviewed by the Ojibwa Housing Board. The following actions occurred during the special meeting held on January 9, 2009: approved Resolution KB1648-2009 application for Historic Preservation Grant Category I and Resolution KB1649-2009 application for Historic Preservation Grant Category IV; and approved the Fiscal Year 2009 budgets. The following actions occurred during the special meeting held on January 15, 2009: approved the installation of five IGT Participation games in Marquette; approved the removal of two obsolete games in Baraga; agreed to remove all participation games from the Pines Slots and replace them with Tribally owned games; donated \$3000 for Tribal fishermen to attend the Commercial Fishing Workshop in Mackinaw City; approved the Service Agreement with UP Engineers and Architects for installation of a new monitoring well at the former Pines Gas Station; and approved the US Department of the Interior US Geological Survey Joint Funding Agreement for stream gauges on the Yellow Dog Plains.

Jennifer Misegan presented the Treasurer's Report for January 2009. Treasurer Misegan indicated she attended a Tax Management for Tribes Seminar in Minneapolis, Minnesota, on January 26-27, 2009. She received a large amount of information and has shared the handouts with Council regarding an overview of both Federal and State Tax Laws, legal incidence of applicable taxes and tax exempt financing bonds.

The signature cards for all bank accounts have been received, and Council is currently in the process of completing them. Check signing is more than what it sounds. It is an actual approval of the disbursement and requires both the knowledge of the accounting policy as well as the basic discernment of each department's budget.

Council met on February 6, 2009, with Francis LaPointe, CFO, Patricia Gerard, Pines Manager, Gerald Cadeau, Slot's Manager, John Mantila, Casino General Manager, and Sarah Smith, Assistant CEO to discuss the slot machines located at the Pines. After a thorough financial review, Council has agreed



Renovation project plans for the Donald A. LaPointe Health Center will expand the facility and services by including additional office space, patient care and a pharmacy. Shown above is a 3-D view of the renovated facility plans.

to remove the slot machines operations at the Pines. The machines are not performing as initially projected. We are all aware of difficult financial times, and unfortunately it does not appear that a change will take place soon. If the future economy picks up, Council will consider this venture at that time.

Treasurer Misegan spoke of the conference she attended, *Tribal Governance*, with Vice President LaFernier, Council members Chiz Matthews and Jerry Lee Curtis, and CEO Larry Denomie. (Details were covered in the CEO report.)

Vice President Susan LaFernier requested a meeting be scheduled to revisit the Comprehensive Plan with the Community for comments. President Swartz requested Vice President LaFernier to coordinate dates to meet on moving forward with the Comprehensive Plan and receiving involvement from the Community.

Council member Gary Loonsfoot, Sr., requested information on committee openings. There are currently six committees which will have openings this year in reference to those committee's by-laws. Consensus of the Council was to have committees submit their board meeting minutes to the Council monthly. Committee's Chairs and/or representatives will be asked to attend alternating Saturday Meetings for public awareness and to give updates on what is happening with each Committee. Vice President LaFernier will organize a calendar.

President Warren "Chris" Swartz, Jr., brought forward a request for Resolution KB-1651-2009, Reaffirmation of GLIFWC's 638-Contract Participation. **Motion by Jennifer Misegan to postpone Resolution KB-1651-2009, until the Council has further discussion, supported by Gary Loonsfoot, Sr., eight supported (S. LaFernier, Misegan, Curtis, M. LaFernier, Loonsfoot, Matthews, Mayo, Welsh), 0 opposed, one abstained (Emery), motion carried.**

Treasurer Jennifer Misegan brought forth the need to subscribe to the Bureau of Indian Affairs Budget Reports by Michael D. Hughes, Indian Affairs Consultant. **Motion by Michael LaFernier, Sr., to approve \$1200 per year subscription to Bureau of Indian Affairs Budget Reports, supported by Susan LaFernier, nine supported, 0 opposed, 0 abstained, motion carried.**

Council passed Department Head Reports for December 2008; and Meeting Minutes for November 6, 2008, and November 7, 2008. Council entered into closed session with, CEO Larry Denomie, President Warren "Chris" Swartz, Jr., and Treasurer Jennifer Misegan (donations) on the agenda. A motion was made when Council returned to open session. **Motion by Elizabeth Mayo to approve the January 2009 donations to the Baraga Booster Club Elementary Bouncers for \$500; the Pallone for Congress campaign for \$500; and the American Cancer Society for \$1000, supported by Gary Loonsfoot, Sr., nine supported, 0 opposed, 0 abstained, motion carried.**

NOTICE:

Council Meeting Closures—due to inclement weather, will follow the Baraga Area Schools. If Baraga school is closed and there is a Council Meeting scheduled for that day, the meeting will be cancelled and held the following day. If there is a delay, such as a two-hour delay, and there is a Council meeting scheduled for 9:00 a.m., then the meeting will be delayed until 11:00 a.m. If you have any questions, please call Peggy Minton, Recording Secretary at 353-6623, ext. 4112.



WIC PROGRAM

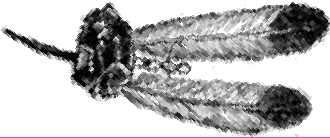
WIC PROGRAM Federal Regulations require that state agencies establish procedures to ensure that the public has an opportunity to provide comment on the development of the WIC Program State Plan of Operations.

The Michigan Department of Community Health will accept written comments regarding the operation of the WIC Program in Michigan between March 1, 2009, and April 30, 2009. Comments may be related to any aspect of the operation of the WIC Program in Michigan. These comments will assist the Department to constructively review WIC operations and make improvements in the operation of the WIC Program in Michigan. Comments should be mailed to:

**WIC Division
Michigan Department of
Community Health
Lewis Cass Building
320 S. Walnut
Lansing, MI 48913
or emailed to: Michigan-
WIC@Michigan.gov**

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Diabetic Foot Care Clinic

Care includes nail trimming
and foot exam.

Fridays in the KBIC Dental Clinic.

March 6th ~ April 3rd ~ May 1st

Diabetes Talking Circle & Education

**Tribal Dept. of Health &
Human Services**

Upstairs Conference Room

11:00 a.m. - 1:00 p.m.

Lunch is provided.

Thursday, March 19th : Nutrition Therapy

Thursday, April 23rd : Monitoring

Learn how you can earn a prize
valued at \$20 or greater!

For more information about these
or other events sponsored by the
KBIC Diabetes Program
please contact Kathy, 353-4519
or Heather, 353-4546.

SCHEDULE YOUR VISIT WITH

DR. DALE SCHMEISSER

THE KBIC-DHHS DIETITIAN TODAY.

THERE APPOINTMENTS AVAILABLE:

MARCH—17TH, 19TH, 31ST
APRIL—2ND, 14TH, 16TH

CALL 353-8700.

Seeking Princess Candidates

The KBIC Pow Wow Committee is seeking essays from young women who are interested in representing the Keweenaw Bay Indian Community as Princess for 2009-2010.

Eligible Young Women:

- Must complete application;
- Must be an enrolled KBIC member (enrollment card required);
- 13-18 years of age;
- A good role model (socially and academically);
- A traditional, jingle, or fancy shawl dancer;
- Alcohol and drug Free.

The essay must be written by the candidate and contain each of the following:

- A biography about yourself;
- Your future plans;
- What our culture means to you;
- Why would you like to represent the tribe as its Princess;
- What you do/can do for the tribe (community involvement)

Essays may be typed or neatly handwritten, must be signed and include your address and telephone number.

Applications are available at the Tribal Center. Applications must be submitted by Monday, March 16, 2009.

Submit your essay to the Tribal Center addressed to the Pow Wow Committee. Essays will be accepted until 4:30 p.m. on Wednesday, April 15, 2009.

**Application
Deadline
03/16/2009!**



Mark your calendars!

**"We are all related.
It's time to come together."**

**31st Keweenaw Bay
Traditional Pow Wow
July 24, 25 & 26, 2009.**

For more information call Tracy Emery at
(906) 353-7117 or
e-mail: temery04@hotmail.com





Keweenaw Bay Ojibwa Housing Authority

Mission: To provide affordable and attractive housing opportunities in a safe and healthy environment to qualifying tribal members of the Keweenaw Bay Indian Community, encourage self-improvement of the community's low income families and provide employment opportunities.

Programs and Services provided by the KBOHA:

- Low income rental homes and apartments
 1. 158 Homes/apartments in Baraga
 2. 50 Homes in Zeba
 3. 40 Homes in Marquette/Harvey
- Supportive housing/transitional housing to help address family issues;
- New, custom built, super-insulated homes for homeownership on Beartown Road;
- Home buyer training to prepare members for home ownership;
- Financial literacy training to improve members' financial skills;
- Home maintenance training to improve members' ability to maintain homes;
- Home rehabilitation program to improve the condition of member-owned homes;
- Home emergency assistance program to remedy negative conditions in the home;
- Individual development account program – a 4:1 matched savings program for member goals that include:
 1. Down payment assistance for home purchase;
 2. College tuition and expenses for residents;
 3. Business expansion/start-up expenses;
 4. Home repair for member-owned homes;
 5. Credit repair for homeownership;
 6. Vehicle purchase for work/school.
- Low cost home improvement loan program for qualifying tribal members;
- Low cost tax preparation program for residents and tribal members;
- Surplus FEMA mobile home program for tribal members;
- Stipend program covering mileage and child care expenses for residents attending college;
- Affordable curbside trash service for residents and members;
- Prescription subsidy program to reimburse tribal elders and disabled households for prescriptions purchased;
- Ojibwa Building Supply Do It Best- providing tribal employment, quality affordable building supplies and profits for housing programs;
- Ojibwa Builders construction company- providing tribal employment, quality affordable construction, and profits for housing programs;
- Market rate rentals - five rental properties in Baraga and one in Negaunee-providing profits for housing programs.

"The Keweenaw Bay Ojibwa Housing Authority recognizes the community's need when it comes to safe, healthy and affordable homes. We recognize that many low income families pay a large share of their income to utilities because homes are not as efficient as they could be. We recognize that some tribal member owned homes need repairs. We recognize that tribal members could use some help becoming more self-sufficient. The list of needs goes on. The housing authority's mission is to provide a broad range of housing opportunities for qualified tribal members while at the same time increasing their self sufficiency and providing employment opportunities.

The housing authority's strategy to meet the needs of the community is to acquire as much funding as possible and create new programs to try to meet these needs of the community. We are very aggressive when it comes to grant writing. We have been very successful writing and obtaining additional grant funds from many different grant sources. We have even created our own non profit corporation to stand besides housing to better position ourselves for other grant opportunities. We created the Keweenaw Bay Ojibwa Housing & Community Development Corporation last year, and we have utilized that corporation for additional grants from HUD. In addition, the corporation can apply to other grant sources that are not available to tribal entities.

The housing authority has also been aggressive about creating employment opportunities for the community. Housing created two businesses, the Ojibwa Building Supply and Ojibwa Builders, in order to create employment opportunities but to also create revenue that can be used for housing programs. Both businesses have been profitable for the last two years since opening. We have used those revenues to create our elder and disabled prescription subsidy program that helps pay the costs of prescriptions. We have also used the funds to support our individual development account program, which provides matching funds for home repair, vehicle purchase for work or school and credit repair. All these programs are used extensively by the community, and we have waiting lists to serve more. That is why we are aggressive in our efforts to bring in as much funding as possible. That is why we continue to look for ways to provide employment opportunities and revenues for housing programs. You might have heard by now that housing is looking into purchasing and operating the Bayshore BP gas station, car wash and Laundromat in Baraga. We are doing so because we believe it might be a good way to create employment opportunities and revenues for housing programs. We have a good business model that produces good results, and we believe we can do even more for the community. Regardless of what happens with Bayshore BP gas station, we will continue to be aggressive about providing for the needs of our community.

Student Writers

Last year Keweenaw Bay Ojibwa Community College had four students enter *The Tribal College Journal's* student writing competition for their creative writing class. This year, even though there is no creative writing class offered, KBOCC has six entries for the student writer's competition from four students.

Ryan Koski entered twice in poetry with the poems "Ellipsis" and "Small Town Tragedy". Ryan also entered an essay in the memoir/narrative category called "A Birthday Present" about how he became the Green Bay Packer fan he is today.

Gary Loonsfoot, Sr. entered an essay in memoir/narrative titled "Building and Bonding" about his and Gary Jr.'s experience building an outhouse for camp.

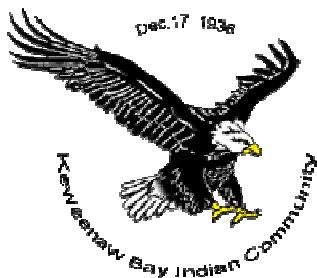
Georgina Earring entered an essay in memoir/narrative titled "Loss of a Language—Forgotten through Time" about how she lost her Lakota language when she went to school.

Chris Chosa entered a story in the short story category which says it all in the title..."Reservation Survival Guide". Winners will be announced by *Tribal College Journal* in March.



Ojibwa Housing Authority Financial Session

The Ojibwa Housing Authority will hold a two part Financial Session on March 4th and 11th, from 5p.m. to 8p.m. at the Ojibwa Housing Authority conference room. The session will cover areas such as tracking spending, budgeting and reviewing credit reports. This session is mandatory for anyone entering the Individual Development Account (IDA) savings program. Those interested in signing up are asked to call Natalie Mleko or Christine LaPointe at 353-7117.



Keweenaw Bay Indian Community Employment Opportunities

For current job listings, complete job announcements, applications and closing dates contact: KBIC Personnel Department, 16429 Bear Town Road, Baraga, MI 49908-9210 or 906-353-6623, ext 4176 or 4140 or visit: www.ojibwa.com.

On Call positions:

- * LPN
- * RN
- * Unit Manager
- * Account Executive/Sales
- * Cashier
- * Receptionist/Clerical Worker
- * Pre-Primary Teaching Assistant
- * Youth Program & Facility Attendant

Adult Education Teacher—closes March 6, 2009
Public Health Nurse/Case Manager, open until filled
Clinical Psychologist, open until filled

<http://www.kbic-nsn.gov/html/personnel.htm>

EAT RIGHT! In March: Ideas For Building New Food Habits
By: Dr. Dale Schmeisser

This year's National Nutrition Month® theme is EAT RIGHT! What exactly does that mean? Well, it means different things to different people, and for each of us, it also means something different from one day to the next. What's right for a high school football player isn't right for an elder, and what's right for a busy workday wouldn't be right for a special holiday, for example. But there are some general principles in choosing foods that can help each of us get it "right" for building healthier bodies, healthier outlooks and even healthier families and communities.

Build a good "base" eating pattern. The foundation of any meal is carbohydrate, fat and protein foods. They provide you with energy and the components for building and repairing body tissues. But your choices can affect how strong you feel through the day, how soon you'll be hungry again after you eat, and how healthy you'll feel tomorrow, next week and ten years from now.

As many people have discovered, all carbs are not created equal. Whole grains (whole wheat bread, wild rice, wheat flakes, oatmeal, etc) will fill you up on less calories, will keep you feeling full longer, and will provide more vitamins than refined grains (white bread, cornflakes, wraps, etc). Take advantage of this for your everyday meals; try to keep half or more of your grain choices as whole grains. And remember, sugar and high fructose corn syrup are the most refined carbohydrates ever devised—use them sparingly.

As it turns out, fats are not all created equal either. It's true that they are all high calorie—butter, cooking oils, regular margarine and shortening all have around 100 calories per tablespoon, so we all need to keep the total amount in check. Some fat in a meal is useful for absorbing vitamins, adding flavor, and keeping you full longer after you eat. But hard fats like butter, regular margarine and shortening are more likely to raise cholesterol and thus clog your arteries than liquid fats such as olive, canola, soy and corn oil. So again, it's a matter of choosing wisely. Skip the margarine and sour cream on the potato (try pepper or herb seasonings) but have a little oil-based dressing on the salad.

Most Americans get plenty of protein foods in their diet. Most of the problem with protein foods comes from the amount (and type) of fat that is also in the food. Keeping meats lean (well-trimmed, removing skin on poultry, and seriously limiting sausages, hot dogs and fast food burgers, etc) can go a long way to decreasing calorie intake as well as cholesterol and clogged arteries. Consider meatless meals several times per week—beans are great sources of protein, and have the advantage of being high in fiber and easy on the budget.

Go Green. It's the slogan for improving the planet's environment, and from a different angle, it makes a great slogan for improving your internal environment too. Plenty of green veggies—or orange, red, purple or blue for that matter—help every body part from your hair to your toenails. Veggies fill you up on less calories, they are power packed with vitamins and miner-

als, and they add delicious flavors, textures and colors to a meal. The latest research suggests filling half your plate with veggies and fruits, with the rest of the plate divided between a protein and a starch item. If you're not used to eating many veggies, try mixing them in casseroles and sauces, adding extra veggies to canned soups and stews. Shoot for 2 ½ to 3 cups of vegetables daily.

Enjoy good food with others. Families who sit down to a meal together tend to eat healthier foods, and they have all sorts of other surprising benefits—the kids are less likely to have problems in school, they use less drugs, they maintain better communication between the generations. Although it may seem like an effort, it makes parenting easier—from healthier kids (because they eat better foods) to less stress in the long run. Family members who eat in front of the TV or on the run tend to eat faster. They eat more calories, more fat and sugar and fewer vegetables and fruits. And what do you suppose watching a cop show does for digestion?

Remember, all foods can fit. Eating is one of life's great pleasures, so like all of life's pleasures, enjoy it wisely. In everyone's life there is room for some of those higher calorie treats. The trick is to remember that they ARE treats: plan them and really enjoy them when it's time. Having a good diet "base" helps control how often and how much you want to indulge, and to some extent, even how much you are able to enjoy them.

For more information on National Nutrition Month®, some delicious recipes celebrating the Eat Right program, and sound information on healthy eating, go to www.eatright.org, the website of the American Dietetic Association.

March 2009
Calendars Events

March 4 — Ojibwe Language Table; Ojibwa Housing Authority Financial Session.

March 6 — Diabetic Foot Clinic.

March 7 — Regular Saturday Tribal Council Meeting, 9:00 a.m., Chippewa Room.

March 8 — Daylight savings time starts.

March 11 — Ojibwe Language Table; Ojibwa Housing Authority Financial Session.

March 14 — "Learning to Walk Together" 17th Annual Traditional Pow Wow

March 16 — Deadline for Miss Keeweenaw Bay Applications.

March 18 — Ojibwe Language Table.

March 19 — Diabetic Talking Circle and Education Luncheon.

March 20 — Think Spring! First day of Spring.

March 25 — Ojibwe Language Table.

Events occurring throughout KBIC are welcome to be listed on the Calendar of Events. Contact newsletter@kbic.nsn.gov to list your events. Events are more detailed FYI within the newsletter. For up-to-day event listings, visit www.ojibwa.com and click on calendar. For Youth events, see @ www.ojibwa.com, click on youth club, or contact 353-4643/Main Office at Youth Club, or 353-4644 for the facility attendants or the Kitchen/craft rooms.

The language page was designed from reference of "A Concise Dictionary of Minnesota Ojibwe" by John D. Nichols and Earl Nyholm.



OJIBWEMOWIN
Onaabani Giizis — Crusty Snow Moon — March

i g a a g i i d i z i d o g
a i b z d i o j m o k a g j
a i z h a z h i i b i t a m
g k h i q a a p k d t h a d
s i w n w z w i t a d n k o
a i q d t a z d h d a r o g
i b a w p a k i b a i h k o
o i b d w g s h r a m b h j
q n p a m i k n s n a a s t
k g z o i z o k a a g i o b
i w d h q i r h j b m w g o
a a z m d j n a g p a i t n
n s g j o s b o z i i m w a
o h i w g a i t d r a a o h
r i k b o m h a p n o w g s

Word Search

Fill-in-the-blanks

(sick) a a _ _ _ i
(sleepy) _ i i _ i i n g w a s _ i
(sore) g a _ _ i i d _ z i
(spoiled) _ _ _ a a _ a d
(startled/surprised) g _ _ h k _ k a _
(stingy) z _ z _ _ g i _ i
(strong) m a _ _ k a w _ z _ i
(stubborn) z _ _ z h i _ b i _ a m

Word list

goshkokaa	gaagiidizi
banaadad	zazaagizi
giikiibingwashi	zhazhiibitam
aakozi	mashkawizii





2009 WINTER SCHEDULE
LAUGH AND LEARN — OJIBWE LANGUAGE TABLE
Wednesday Nights 7—8:30 pm,
Ojibwa Casino Resort Motel Conference Room
This is an informal learning opportunity for all ages.
Attend when you can.
For more information contact: Gary Loonsfoot, Jr. 353-4178

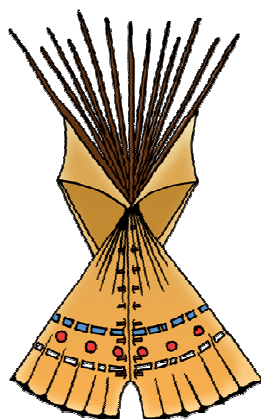


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